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SOUTH AFRICA

SEPTEMBER 2022

THE FUTURE IS HERE
WHY INTERACTIVE GAMES ARE NEXT LEVEL

Best MUSICAL MOMENTS IN TV
OUR TOP TELEVISION MEMORIES.

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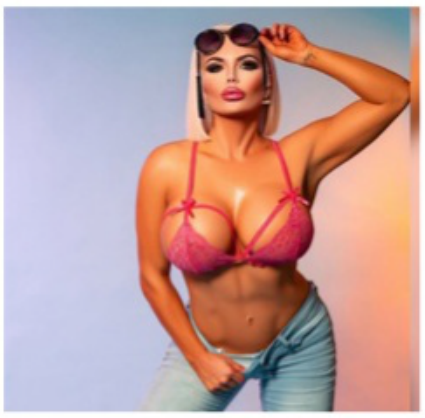

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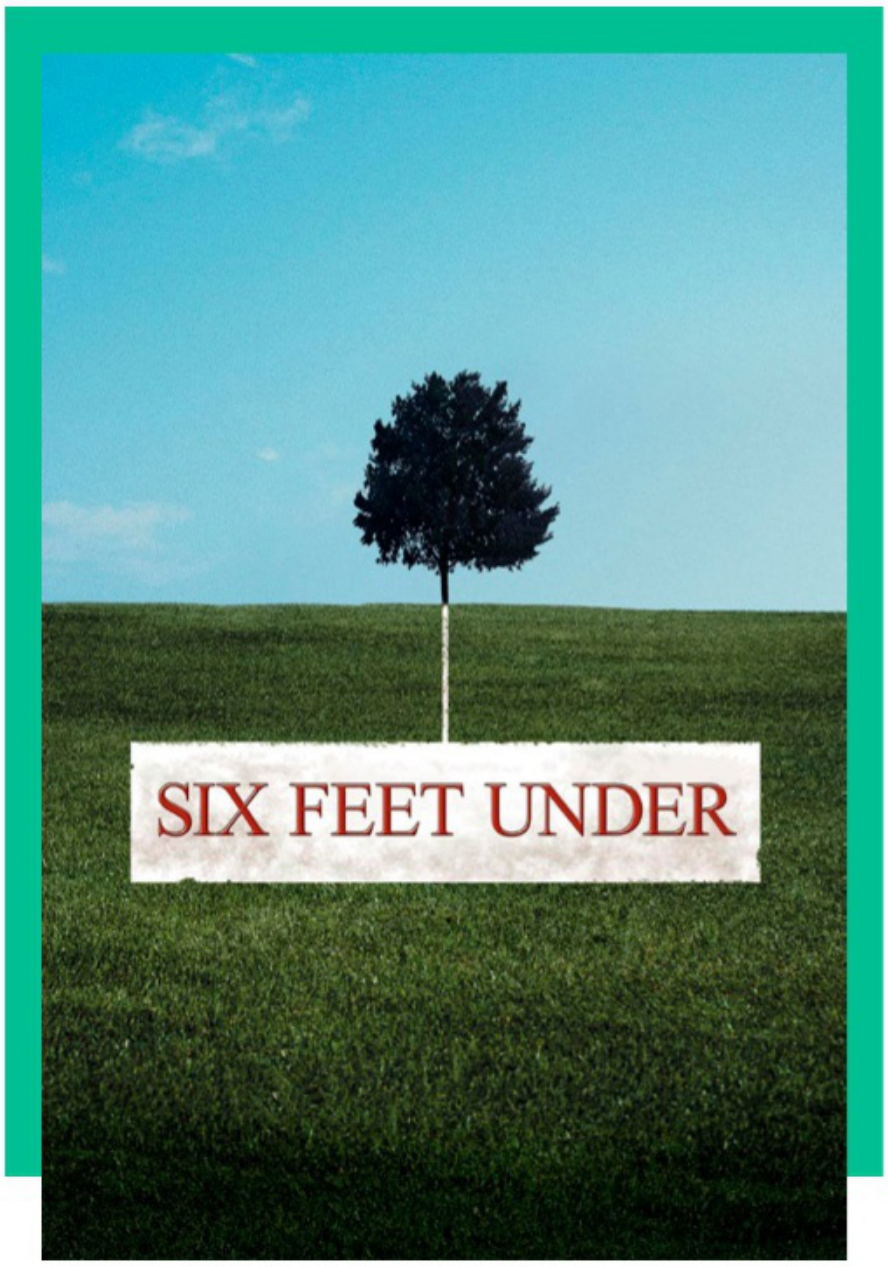
THE BEST MUSICAL MOMENTS IN TV

Recently we saw a song that was 35 years old climb to the number one spot on the charts, all thanks to an incredibly powerful scene in a popular TV show. That song of course was Kate Bush's Running Up That Hill, which was featured in season 4 of Stranger Things. This once again proves the power music and TV share and when combined wonderful things happen. But of course, this is not the only great moment seen in television when combining a popular song to elevate a scene. Here are some of our favorite moments ever, where TV and music combined to create an unforgettable moment.



Six Feet Under - “Breathe Me” by Sia

Six Feet Under was an incredible show that focused on the beauty in death by showing us the wonderful lives of its characters in its final moments. Much of Six Feet Under centered on finding the humor in death, and this was a series that didn’t even spare some of its main characters. Yet the most powerful scene was left for the very end of the show as when Sia’s “Breathe Me” kicks in to reveal six minutes of incredible character development and wonderful hints as to what happens to the Fischer family hidden throughout, as we see marriages, get-togethers and of course, deaths. Having spent much time with this family, they felt as close as your actual family. And seeing over 90 years of their lives compressed into 6 minutes while accompanied by Sia’s wonderful voice is one of the greatest endings to a series ever.

The Wonder Years - “With a Little Help From My Friends” by Joe Cocker

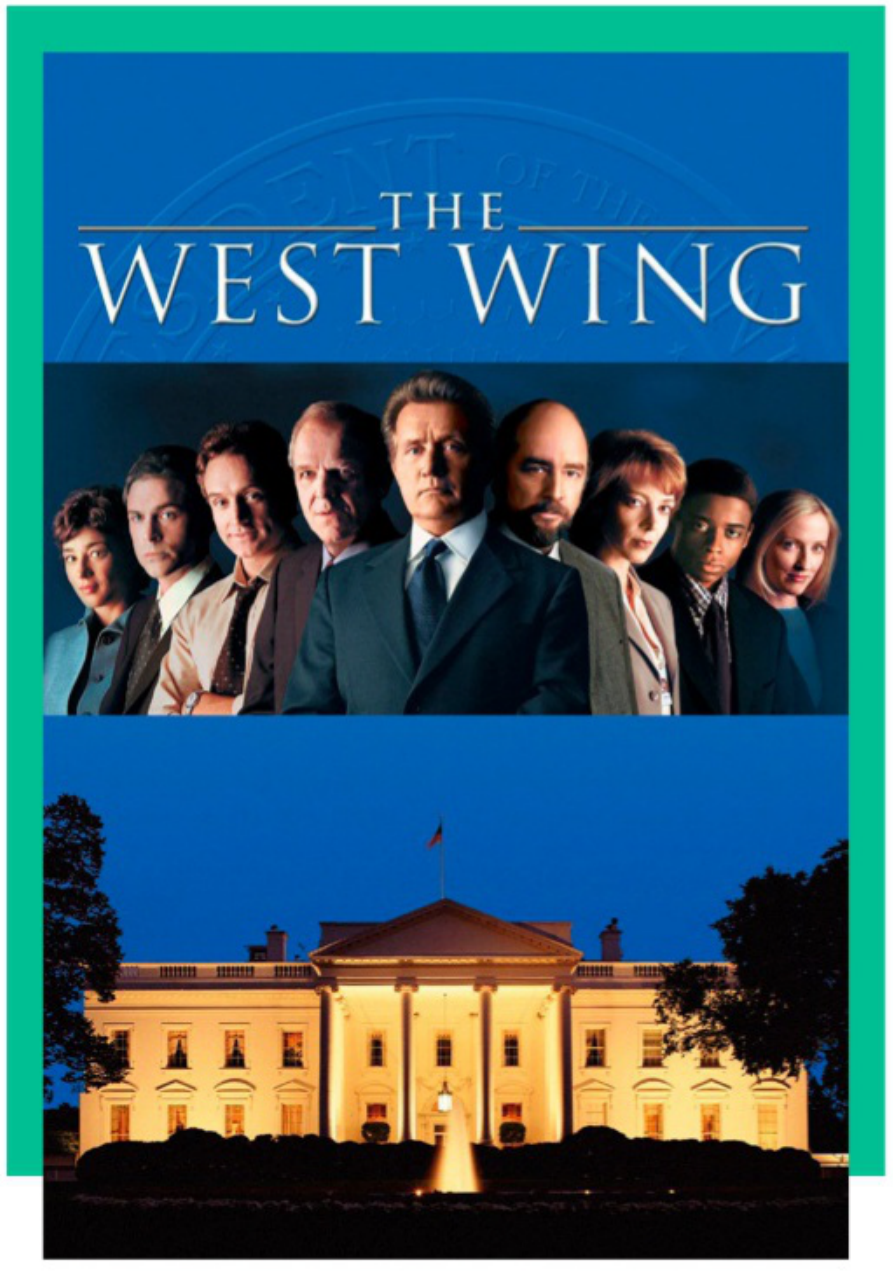
We are cheating a bit here since the incredible song by Joe Cocker was actually part of the intro sequence and not a specific moment in the show, but rarely does a song so perfectly capture the essence of a show as this Beatles cover. Opening with a recreation of home videos from the late ’60s, featuring the Arnold family doing typical family things. The reason the song and visuals hit so hard was purely based on nostalgia. Every single person growing up during that period could relate to the home video feel, returning you back to your childhood the second Cocker’s voice kicked in. The song itself is also an emotional tour de force, with Cocker’s raspy delivery adding to the emotional weight of the lyrics. The show itself was a coming-of-age comedy series set in the late 1960s, focusing on the trials and tribulations of young Kevin Arnold and his family, as he enters junior high school and becomes a teenager. It was a wonderful show and a wonderful song that came together to create an unforgettable intro sequence.

Scrubs - “Winter” by Joshua Radin

Scrubs had an uncanny ability for selecting the perfect song for the perfect moment, and even though throughout its run there are numerous magical music moments, the episode My Screw Up in season three is the one that hits the hardest. The ever-reliable yet stern Dr Cox treats his best friend Ben for leukemia. The way the episode is setup is brilliant as throughout the episode the viewer along with Dr. Cox realizes that Ben actually passed away early in the episode and Dr Cox could not come to terms with it. In his mind and that of the viewers, he thinks he is going to Ben’s birthday party only to realize it’s actually his funeral. When the Joshua Radin song kicks in and the viewers as well as Dr Cox come to the realization is a moment that will stick with you forever. Seeing the strong Dr. Cox breakdown is one of the most emotional scenes in TV.

The West Wing - “Hallelujah” by Jeff Buckley

Yes, we know the Hallelujah song has become so overused over the last decade or so, but when we first heard it in 2002 during one of the most emotional scenes in the West Wing, we will admit tears were streaming down. Mark Harmon’s Secret Service agent Simon Donovon is in such a great mood when he walks into the Korean grocery store to get a Milky Way bar. He’s buying flowers for C.J. Craig after deciding that his feelings for her are more important than his career. His mood only gets better when he arrests an armed robber in the act. Unfortunately, he didn’t know about the second gunman. After he’s shot and killed, Jeff Buckley’s haunting rendition of Leonard Cohen’s “Hallelujah” plays as C.J. and the rest of her colleagues learn about the shooting. It was an incredibly moving combination and a fantastic way to end season three of this beloved series.

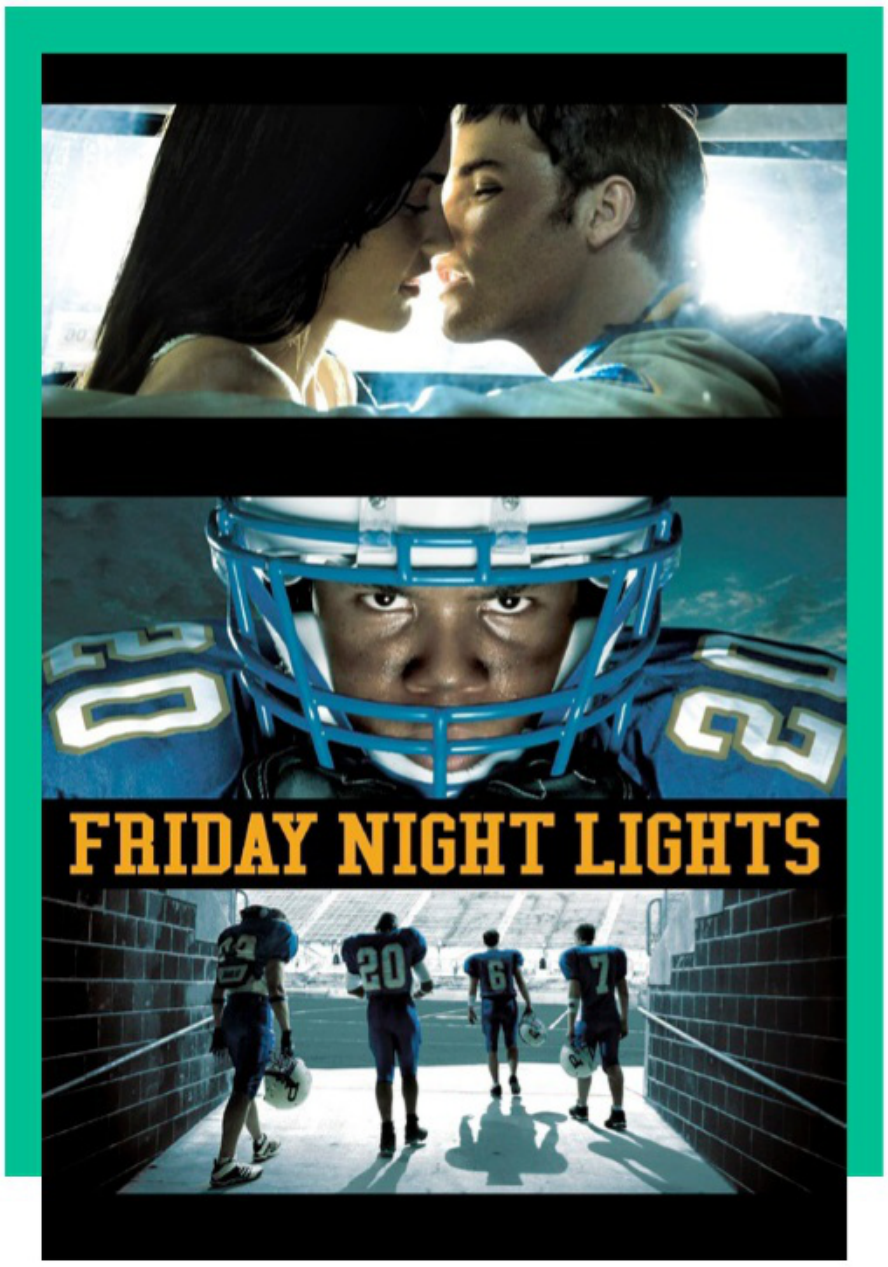


Arrested Development - “The Final Countdown” by Europe

So far in this list, the majority of the musical moments have been heartbreaking moments elevated by its musical companion. So to lighten up the mood we look back to one of the best and most underrated comedy series of all time, Arrested Development. This clever and incredibly quotable show saw Michael Bluth, a widower with a 13-year-old son, named George-Michael, forced to keep his large and dysfunctional family together after his father was arrested for shifty accounting practices at the family-owned conglomerate. Each family member was as dysfunctional as the rest, yet magician wannabe and brother to Micheal, GOB was the stand-out character. The moment we picked from the show doesn’t feature just once but numerous times as added to the absurdity that was GOB. Every time GOB performed a magic show, with often hilarious outcomes, the super cheesy 80’s classic The Final Countdown would kick in to add to the hilarity that would follow. It was a brilliant choice in music that perfectly captured the mood and the moment every time it played. It’s an illusion, Michael!

Mad Men - “Don’t Think Twice, It’s All Right,” by Bob Dylan

Another classic show that had incredible musical moments to underline the drama, but the one that hit us the hardest was the season one finale. Don Draper is in top form as he presents the impressive pitch to Kodak Carousel, with emphasis on how nostalgia is delicate but potent. The pitch itself contains a set of perfectly framed family photos, the perfect family life. On the way home, he buys into that nostalgia, and he imagines Betty and the kids cheering when he joins them just before they leave for their Thanksgiving trip. Instead, he returns to an empty house, and when “Don’t Think Twice, It’s All Right” kicks in, we see Don sitting alone on the steps, dejectedly wondering how he lost the perfect life he thought he had. It was a powerful scene that truly captured the darker themes of Mad Men and Don Draper himself.



Friday Night Lights - “Devil Town” by Tony Lucca

The show that brought to life the football fanaticism in small-town America found the perfect way to highlight the darker elements to the small-town mentality. Friday Night Lights’ classic first season ends with the Dillon Panthers triumphantly winning the State Championship. In typical FNL fashion, however, a montage of them being paraded through town as local heroes is presented not as an inspirational heroic celebration but, rather, a muted, slightly somber critique of Dillon’s whole football culture. And what better song to reflect this than a cover of Daniel Johnston’s “Devil Town”? As the Panthers are met with admiring cheers the song’s biting lyrics underscores the slight menace inherent in the town’s narrow-minded obsession with the sport. It was a peak FNL moment that took a celebratory visual and turned it sour with the perfect musical choice.

The Office (UK) - “Only You” by Yaz

When Ricky Gervais and Stephen Merchant unleashed the original The Office onto an unsuspecting world, little did people know they were watching the genesis of a series that would go on to become one of the biggest shows in history, especially with the US version. Yet the original UK The Office still holds a special place in many people’s hearts. It was a lot more realistic than the American version and some found it tough to watch due to it being so relatable (considering some people thought it was a reality show at some point). Yet at the heart of the original was the love story between Dawn and Tim. The will they won’t they dynamic was played perfectly and left many in tears when at the end of season two, Dawn rejected Tim. Of course in the Christmas specials that followed that changed as Dawn realized her love for Tim and finally chose him. That scene was perfectly captured and elevated due to the background music playing at the office party. It was a scene millions were waiting for and with the addition of Only You by Yaz made it even more special.

LSA *goes* GLOBAL!

Photographer Mike Cohen | @mikeciohenphoto
PR Publications | @lsapublications @leo.alderman

LSA Model agency has taken the world by storm and teamed up with talented photographer Mike Cohen on a powerful endeavour offering models word wide exotic trips of a lifetime. Founded by Leo Alderman in the UK, LSA has accumulated an impressive roster of top tier models all over the word offering various talent packages, photoshoots and more.

Delving deep into the heart of it, LSA decided to take things to the next level and offer models an opportunity to have exclusive photoshoots in the most beautiful and exotic destinations in the world. When asked what the idea behind this was, Leo expressed his vision being based on creating the most exhilarating, exotic, and incredible photoshoots all the while exploring the world's most beautiful places and now adding beautiful women to the mix for a mind-blowing result!

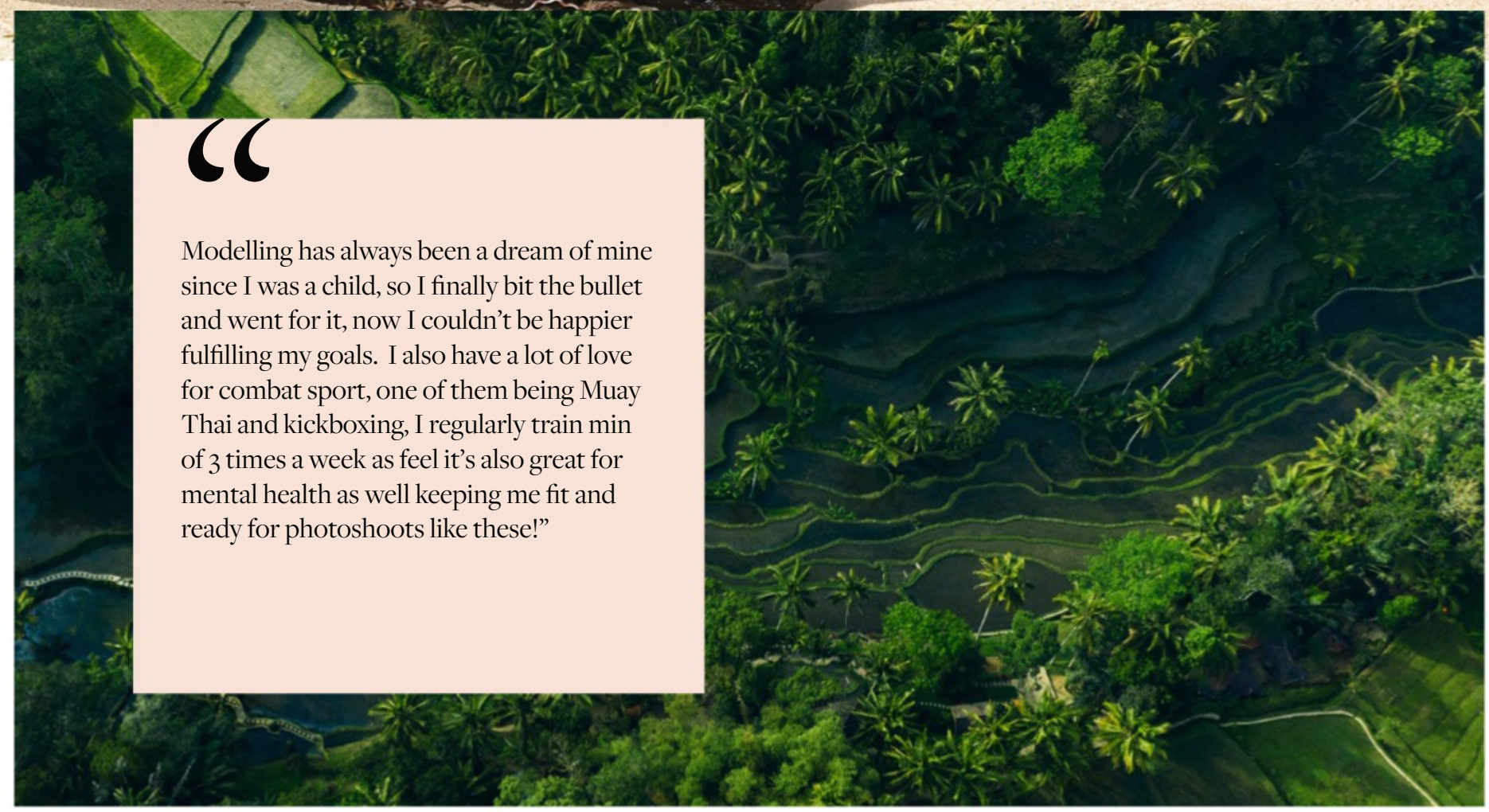
What better way to start this all off with, than to collaborate with Mike Cohen, known for his internationally published work and creative, fun easy-going process making him the perfect choice for this project. First on the line-up was exotic Bali, where LSA and Mike teamed up with stunning models Alexa Lucelli, Lauren London, Emma Lou and Marlee Jade. The results of this exclusive trip can be seen on the following pages, and this is the first of many to come!

For more information on how to be in the upcoming trips:
Thailand OCT 28- NOV 4, 2022
Barbados APR 24 – MAY 1st, 2023

Contact Leo Alderman to make your booking!

Marlee

Marlee is an up-and-coming model from the UK recently signed up with LSA models, who has a huge passion for modelling and has grown a lot of confidence and support in the short space of time she has been involved in the industry. / @marlee.jadew



“

Modelling has always been a dream of mine since I was a child, so I finally bit the bullet and went for it, now I couldn’t be happier fulfilling my goals. I also have a lot of love for combat sport, one of them being Muay Thai and kickboxing, I regularly train min of 3 times a week as feel it’s also great for mental health as well keeping me fit and ready for photoshoots like these!”

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Alexa

Alexa is an international model born and raised in a small town in the suburbs of Long Island, New York / @alexa.lucelli

“I love to stay fit and cycle, go to the beach, and eat at the best restaurants. I have a passion for traveling the world to beautiful places to shoot with amazing photographers while experiencing different cultures. I love meeting new people and I have made great friends both models and photographers all over different parts of the world. It’s such an exciting industry to be in and I love what I do. I’d like to say thank you to FHM for having me and I’m so excited to continue my journey in the modeling world.”

Emma

Emma Lou is a model, world traveller and a qualified beauty therapist from Manchester, UK / @emmalou1990xxx

“

I loved everything about the Bali model Trip. Leo and the management organised everything and looked after me from start to finish so thank you so much Leo! Mike Cohen really Is the best photographer ever and made the shoot really fun and relaxed but is so professional at the same time to get the best shots, wouldn’t you agree?”

Lauren

London Lauren is an international model from Australia. /@laurenp.london

“

I’m a true Aussie beach girl who is at her happiest in a bikini, showing off her natural assets in the sun and surf. Or on a nice big yacht on Sydney Harbour with lots of champagne and seafood. She loves a well-mannered man with a sense of humour and a positive attitude to life. Negativity and narcissism are her biggest turn offs. Life is too short for that!”

BEST INTERACTIVE ADVENTURE GAMES YOU SHOULD CHECK OUT

If you downloaded As Dusk Falls and discovered the magic of the Interactive Adventure Game for the first time and want more of the same then you are in luck. Throughout the decades there have been some amazing games released in the genre and fortunately for you, we have a list of some of the best games you should check out right now.

The Ace Attorney Series

Some might argue that the Ace Attorney series is the perfect combination of adventure, story, and interactive elements and it's easy to see why. Originally released on the Game Boy Advance in 2001, this courtroom drama/comedy featuring a hapless attorney is one of the most celebrated series in the genre. The perfect place to start is with the Ace Attorney Trilogy release which is widely available on all modern platforms. This classic courtroom adventure series has sold over 6.7 million copies worldwide and sees you play as Phoenix Wright as you experience the thrill of battle as you fight to save your innocent clients in a court of law. Play all 14 episodes, spanning the first three games, in one gorgeous collection. Solve the intriguing mysteries behind each case and witness the final truth for yourself.

Detroit: Become Human

Although this game does feature more actual gameplay mechanics than other games on the list, Detroit: Become Human is the quintessential interactive adventure game. Set in Detroit in the year 2038, where technology has evolved to a point where human-like androids are everywhere. They speak, move and behave like human beings, but they are only machines serving humans. Play three distinct androids and see a world at the brink of chaos – perhaps our future - through their eyes. Your very decisions will dramatically alter how the game's intense, branching narrative plays out. You will face moral dilemmas and decide who lives or dies. With thousands of choices and dozens of possible endings, how will you affect the future of Detroit and humanity's destiny? It's a beautiful game that tells a gripping story and some of the decisions you will need to make will keep you up at night.

Firewatch

Described by some as a walking simulator, Firewatch is so much more though, it's a deeply human experience with a story that will stick with you for weeks after the end credits roll. The year is 1989. You are a man named Henry who has retreated from his messy life to work as a fire lookout in the Wyoming wilderness. Perched high atop a mountain, it's your job to look for smoke and keep the wilderness safe. An especially hot, dry summer has everyone on edge. Your supervisor Delilah is available to you at all times over a small, handheld radio—your only contact with the world you've left behind. But when something strange draws you out of your lookout tower and into the forest, you'll explore a wild and unknown environment, facing questions and making choices that can build or destroy the only meaningful relationship you have.

Life is Strange

Similar to Detroit: Become Human, Life is Strange does offer more gameplay elements than your average visual novel adventure, being able to control your character being the biggest difference. A multiple award-winning and critically acclaimed episodic adventure game that allows the player to rewind time and affect the past, present, and future. Life is Strange is a five-part episodic game that sets out to revolutionize story-based choice and consequence games by allowing the player to rewind time and affect the past, present, and future. You are Max, a photography senior who saves her old friend Chloe by discovering she can rewind time. The pair soon find themselves exposed to the darker side of Arcadia Bay as they uncover the disturbing truth behind the sudden disappearance of a fellow student. Meanwhile, Max begins to have premonitions as she struggles to understand the implications of her power. She must quickly learn that changing the past can sometimes lead to a devastating future.

Oxenfree

Another celebrated indie game from developer Nightschool Studio, Oxenfree is renowned for its wonderful and eerily natural dialogue. It's a supernatural thriller about a group of friends who unwittingly open a ghostly rift. Play as Alex, a bright, rebellious teenager who brings her new stepbrother Jonas to an overnight party on an old military island. The night takes a terrifying turn when you unwittingly open a ghostly gate spawned from the island's cryptic past. How you deal with these events, your peers, and the ominous creatures you've unleashed is up to you. You determine every aspect of Alex's story while exploring Edwards Island, uncovering the base's dark past, and changing the course of your friends' lives. What really sets Oxenfree apart from its peers is the wonderful dialogue between the characters, an intelligent conversation system that changes the story and your relationships based on every decision. The mystery will have you gripped from the very beginning and you'll find yourself returning to the game just to hang out with your new friends.

What Remains of Edith Finch

One of the most touching and emotion-filled games on this list, What Remains of Edith Finch is a multi-award-winning title from the wonderful team at Giant Sparrow. Winner of Best Game at the 2018 BAFTA Game Awards, as well as Best Narrative awards at the GDC 2018 Choice Awards, 2018 SXSW Gaming Awards, and The Game Awards 2017, What Remains of Edith Finch, is a collection of strange tales about a family in Washington state. As Edith, you'll explore the colossal Finch house, searching for stories as she explores her family history and tries to figure out why she's the last one in her family left alive. Each story you find lets you experience the life of a new family member on the day of their death, with stories ranging from the distant past to the present day. The gameplay and tone of the stories are as varied as the Finches themselves. The only constants are that each is played from a first-person perspective and that each story ends with that family member's death. Ultimately, it's a game about what it feels like to be humbled and astonished by the vast and unknowable world around us.

As Dusk Falls

As of late, the popularity of visual novel adventure games has skyrocketed with popular series like Ace Attorney, Danganronpa and Her Story seeing a spike in sales and releases. And although the visual novel adventure game format has been around since the early days of gaming, it's only recently that it has become a mainstay in mainstream gaming. So it's no surprise to see Xbox jump on board with the popular genre with the release of As Dusk Falls from developer INTERIOR/NIGHT.

As Dusk Falls is an original interactive drama that explores the entangled lives of two families across thirty years. Starting in 1998 with a robbery-gone-wrong in small-town Arizona, the choices you make have a powerful impact on the characters' lives in this uncompromising story of betrayal, sacrifice and resilience. Replay the story, again and again, to uncover vastly different outcomes for the characters and explore hidden nuances behind every decision. Will your characters survive unscathed? What kind of people will they ultimately become? Drive the lives and relationships of multiple characters in a decades-spanning story told across two intense books. A lot of people will compare the game to Detroit: Become Human or Life is Strange, but unlike those two games you don't actually control any of the characters. Instead, think of it as watching a movie, but you're making the crucial decisions for your character through dialogue options or QTE moments. Yet what it lacks in gameplay it makes up in telling an engrossing story that will grip you from the get-go. The actual art style is quite unique as well, although it does take an hour or so to get used to the art style. The cinematic story is brought to life by the performance of actors that are digitally rendered into a beautiful art style, creating a unique experience that plays like a motion graphic novel. It is most definitely a unique look but some people might feel the developer could have moved away from the realistic cartoon look of the game. But one can't argue that it does look beautiful in motion.

For people looking for engaging gameplay or mechanics, sadly you will not find it with As Dusk Falls. This is an interactive movie through and through, engaging the player through its story and often tough moral choices. Thankfully the game is on GamePass and free for anyone to download and experience for themselves. It's a tough game to recommend to just anyone as someone coming off of a God of War of Halo experience might feel let down by the lack of interactivity, yet fans of Ace Attorney or other visual novels will fall in love with this game instantly. So if you're in the market for a gripping story filled with tough decisions then As Dusk Falls is the perfect game for you.

Stray

Video Games have always been an entertainment medium that allowed you to live out experiences one would never be able to experience. From being a badass space marine blasting demons with ridiculously big guns to being a plumber that saved a princess. And now thanks to Bluetwelve Studios and celebrated indie publisher Annapurna Interactive you can finally live out the fantasy of being a cat. Not an anthropomorphized cat that walks on two legs and is more human than cat, you play an actual four-legged cat that meows, purrs, and scratches every single piece of furniture it can find. And it might be one of the best games of 2022.

Stray sees you playing as a stray cat lost, alone, and separated from its family, all while untangling an ancient mystery to escape a long-forgotten city. A third-person cat adventure game set amidst the detailed, neon-lit alleys of a decaying cybercity and the murky environments of its seedy underbelly. Roam surroundings high and low, defend against unforeseen threats, and solve the mysteries of this unwelcoming place inhabited by curious droids and dangerous creatures. See the world through the eyes of a cat and interact with the environment in playful ways. Be stealthy, nimble, silly, and sometimes as annoying as possible with the strange inhabitants of this mysterious world. Along the way, the cat befriends a small flying drone, known only as B-12. With the help of this newfound companion, the duo must find a way out. Stray is a beautiful game that perfectly captures what it must feel like being a cat. You are nimble enough to get onto the highest rooftops and agile enough to fit through the tightest spaces, the platforming itself is smooth and intuitive to make your movement around the levels as graceful as possible. Alongside the main story, you'll also be given numerous side quests for the inhabitants of the locked-away city. From finding music sheets for a street performer to just messing around with the inhabitants, Stray is filled with mini cat adventures. There will also be puzzles along the way, but these are rather intuitive and you'll never get stuck on them.

Stray is a game about experiencing the thrill of being a cat first, with adventure and puzzles a clear second. Although the game itself is quite short, a completionist run-through will take around 10 hours, every second of this wonderful game will put a smile on your face, and at a low price point on PC and free to higher tier PS Plus customers, Stray is an essential must play of 2022. Cats have ruled Egypt, taken over the internet and now finally have taken over the video game space. It's an incredible game that is a must-play for everyone, even if you're not a fan of our purring four-legged overlords.

GAME LIKE A GOAT

It's no secret that gamers love to compete, and what's better than winning right!? Especially with your squad. Here, we look at some of the coolest keyboards and controllers to take your game to those coveted GOAT levels - giving you the edge you need to be the last man (or team) standing! Take a look...

For many people, a keyboard is just a keyboard. You type on it and you're done. However, for serious PC gamers, a keyboard can make all the difference to their gaming experience. The best gaming keyboards are not only designed to have a fast reaction time, but they are engineered with gaming comfort in mind. Some keyboards have extended wrist rests so you can game for longer and without extra strain on your wrists. If you plan on gaming for hours at a time, you need a comfortable keyboard to accommodate your hands. Fortunately for you, we have a list of the best keyboards you can buy right now.

Razer Huntsman v2 Analog

Without a doubt the best keyboard you can buy right now, but with great keys comes a great price. The Huntsman v2 Analog comes in at an eye-watering price, considerably more expensive than the majority of other keyboards on the list. However, for the price you get one of the best keyboards ever made. This gaming keyboard delivers the best typing and gaming experience of any keyboard, with extremely satisfying tactile feedback and a wrist rest that's designed to let you game for much longer. Combining the latest optical technology and fantastic analog mechanical key switches, the Huntsman is far and away the best keyboard on the market. But be prepared to break the bank for the privilege to use this fantastic keyboard.

Corsair K65 Mini

Not all gaming tables are equal and some gamers out there have limited space. Fortunately for those space-deprived individuals, the Corsair K65 Mini is perfect. This compact keyboard offers fantastic performance in a small compact package. With incredibly satisfying presses, an impressive polling rate of 8,000Hz, and highly customizable keys, there is a lot to like about this keyboard. Of course, if you're used to a full-sized keyboard, the compact design might take a while to get used to, but it is totally worth the extra learning curve if space is most important to you. One minor negative is the inability to change the elevation of the keyboard itself, but overall the Corsair K65 Mini is a fantastic 60% keyboard at a reasonable price as well.

Logitech G915 TKL Lightspeed

For many years Logitech has been a major player in PC peripherals and their keyboard offerings have always been of the highest quality. The G915 TKL Lightspeed is no different, offering a fantastic tactile feedback and typing experience. This keyboard lives up to its name and delivers the type of speed one requires for gaming sessions, all the while being wireless to keep your gaming station wire-free. With a 1,000Hz polling rate and 1.5 mm actuation distance, it can keep up with its wired setup. It also has a long wireless range and decent battery life considering its beautiful RGB lighting. It's a lovely keyboard in general with its low-profile floating keys and brushed aluminum deck, plus the small design and travel-friendly nature of this keyboard makes it one of the best on the market.

SteelSeries Apex Pro

Another top-tier keyboard offering from SteelSeries sees the Apex Pro on the top of the list for many gamers out there. With its beautiful aluminum build and lovely OLED display, the Apex Pro delivers in every aspect. From its solid build, custom actuation, and comfortable and incredibly quiet magnetic switches, the Apex Pro comes highly recommended. Although much like the highly rated Razer Huntsman v2 Analog it does come in at quite a hefty price tag. But again much like its Razer rival, the Apex Pro is worth every cent if you require the best keyboard on the market.

Roccat Vulkan TKL Pro

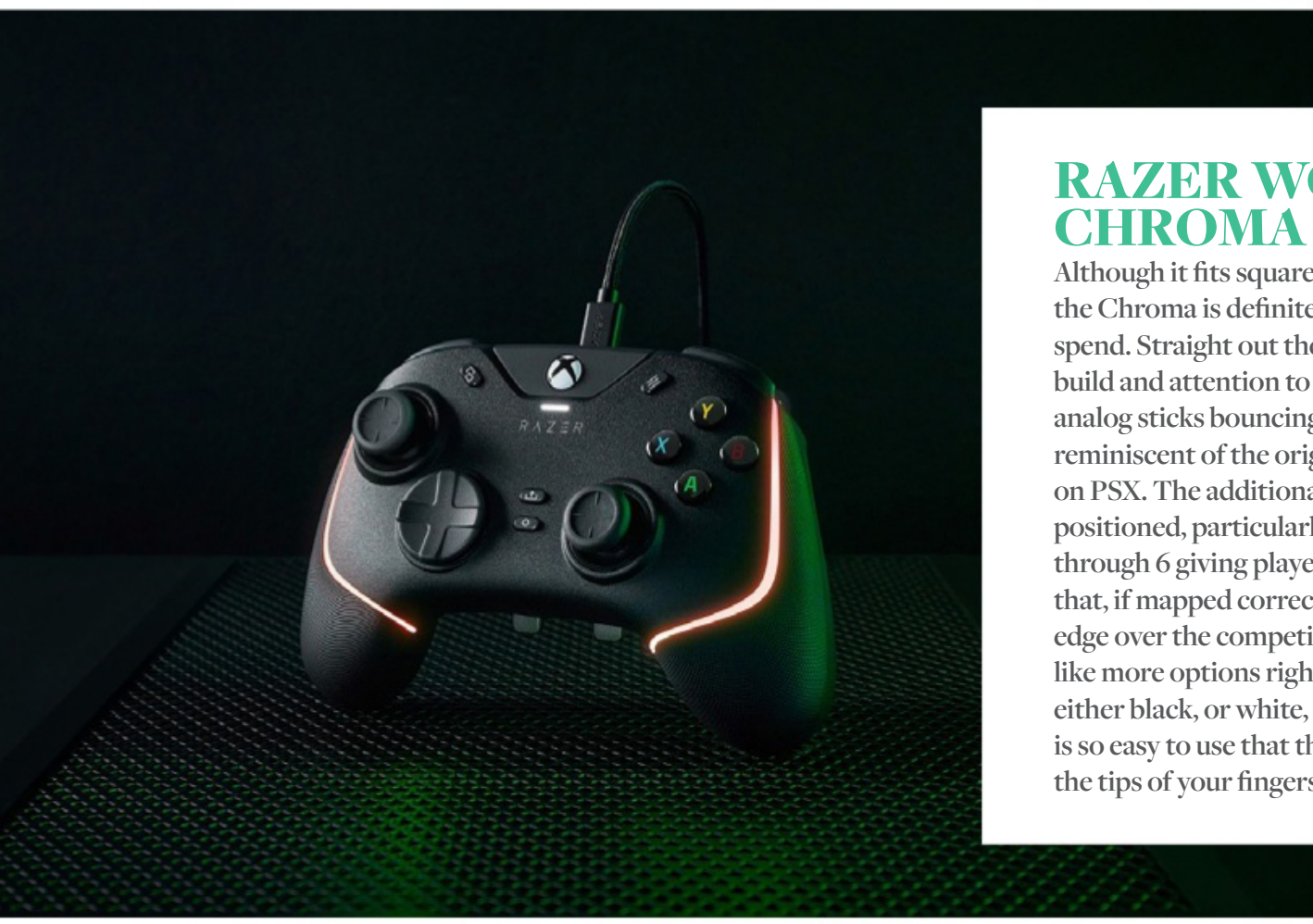
The award-winning Roccat Vulcan Mechanical Gaming Keyboard is re-imagined in a tenkeyless form factor and taken to another level with the introduction of Roccat's Titan Switch Optical. The new switch is a marvel in optical engineering, actuating at the speed of light for an unprecedented new level of responsiveness. This keyboard is another big win for compact keyboard designs and is perfect for those limited with space. The Roccat Vulkan TKL Pros are among the best in performance, comfort, and looks, sporting a classy brushed gunmetal finish and floating keys that brilliantly showcase its customizable RGB lighting. Roccat's Titan optical switches are not only fast and accurate, but satisfying, quiet and robust as well. Although it could be considered quite expensive for a compact keyboard, with a hefty $160 price tag, the Vulkan TKL Pro is still worth every cent.

Mountain Everest Max

Just because there is no big known brand attached to the Mountain Everest Max doesn't mean it isn't one of the best keyboards on the market. The Everest Max is the result of a successfully backed Kickstarter campaign, a fully customizable modular keyboard where it feels like every aspect of the design has been planned by the PC enthusiast community. With its class-leading modularity and customization, The Everest Numpad can be attached to either the right or the left side of the keyboard, while the media dock enjoys its view from the top of the world on the left or right top side, and the magnetic palm rest sees you through longer sessions offering extra cushioning comfort. It's a cracking keyboard with customizability at the top of its priorities. It's a wonderful keyboard and a nice alternative if you feel like backing a powerful underdog.

TAKE CON-TROL

As the age-old debate about which is better, keyboard and mouse or analog controller continues to rage on amongst FPS enthusiasts we took a moment to check out two totally rad controllers on the market at the moment and here's what we think, check it out!



RAZER WOLVERINE V2 CHROMA

Although it fits squarely into the premium segment the Chroma is definitely worth the additional spend. Straight out the box, you can feel the quality build and attention to detail so much so that the analog sticks bouncing back into place are happily reminiscent of the original DualShock days back on PSX. The additional M buttons are very well positioned, particularly M1 and M2, with Ms 3 through 6 giving players that extra customizability that, if mapped correctly, can give pro gamers an edge over the competition - and hey, who doesn't like more options right? The Chroma comes in either black, or white, has comfortable grips, and is so easy to use that the buttons almost flow with the tips of your fingers. We like that it's not too stiff

and that there are chat and audio volume controls as well as a share button. It's important to note, that for the price, the Chroma is a wired device and that's pretty much the only space left for improvement really. The Chroma is compatible with Xbox and PC and is a great gift idea, either for someone else or if you're really keen to spoil yourself.

Features
Wired, audio jack, multi-function keys, changeable thumbsticks, 6 extra customizable M buttons, color-changed led lights.

Rating
9

With everything you need, and some extra, the quality and design is really hard to beat making the Wolverine V2 Chroma by far one of the best controllers on the market and a definite favorite amongst the team here. Available from Apex Interactive & Razer.com

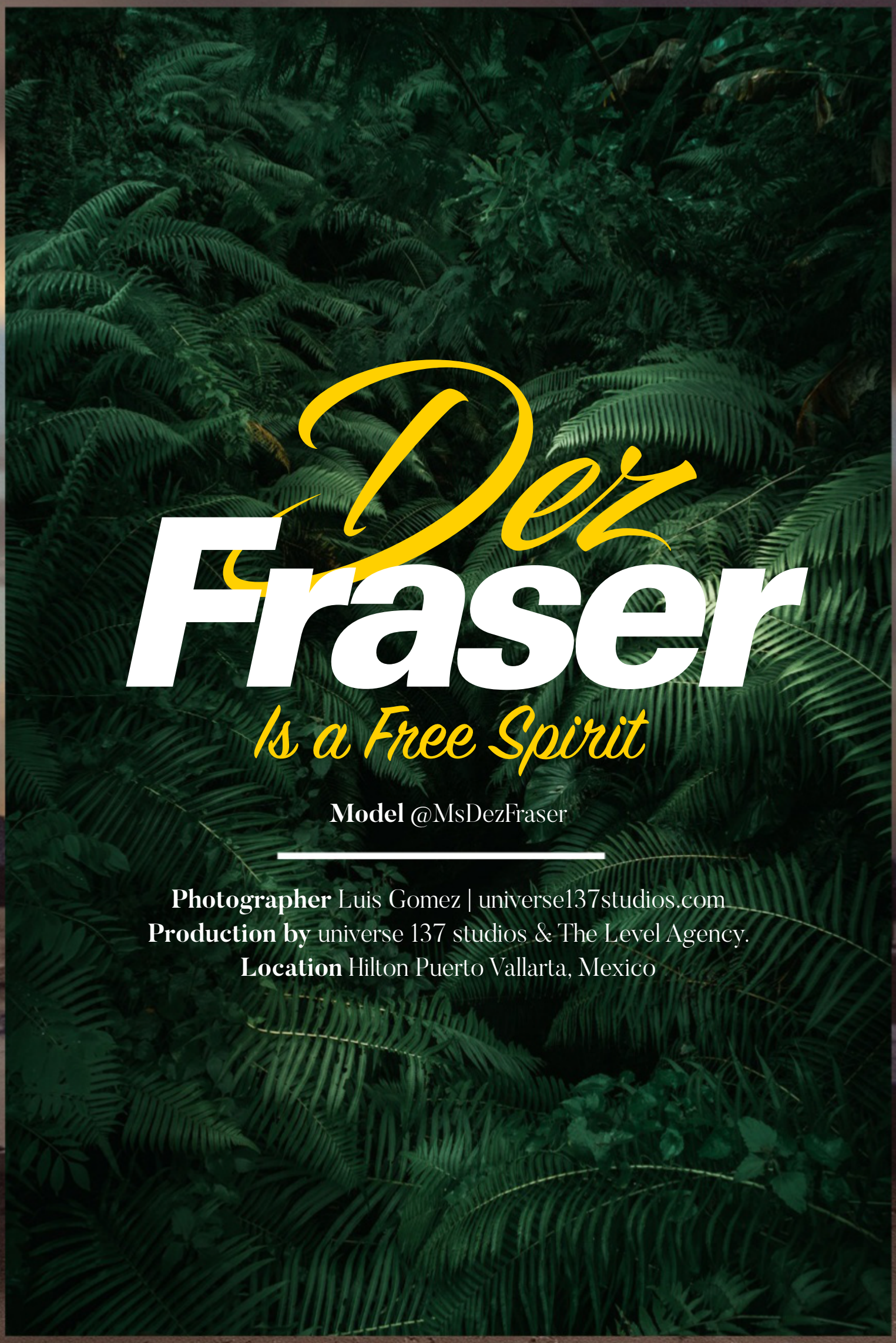
POWERA FUSION PRO 2

Next up is another wired control in the Xbox format, also compatible with the console and PC. The first thing that comes to mind with the Fusion control is that it is both practical and innovative with PowerA covering all of the bases to create a total (and customizable) package. What sets the Fusion apart from the competition is its unique paddle system, which players can add or remove, by simply clicking it in place. Many gamers will both appreciate and take full advantage of the massive opportunities that come with extra mappable buttons, often taking place of the more complex inputs that require two-button presses (or press and holds) to perform. The build is sturdy, and the Fusion comes with a cool hardcover travel case, extra analog sticks (one rounded) and bevels.

Features
Wired, audio jack, changeable sticks, innovative paddle system.

Rating
8

The customizable functions set the Fusion apart, with its sturdy build and convenient design you could easily play your favorite gamers for hours at a time. Available from Apex Interactive & PowerA.com



Dez Fraser

Is a Free Spirit

Model @MsDezFraser

Photographer Luis Gomez | universe137studios.com
Production by universe 137 studios & The Level Agency.
Location Hilton Puerto Vallarta, Mexico

Were you excited to shoot for FHM? Yes, this will be my second time, and it's always fun!

Tell us something surprising about you? I love river & deep-sea fishing.

Describe yourself in one sentence. Free-spirited and big-hearted gal.

What are some of your hobbies? Traveling and hiking new places, trying new restaurants to fulfill my inner foodie.

What is your biggest turn-on? Chivalry, and honesty.

What turns you off the most? Flaky people, and bad hygiene.

Describe to us your perfect date. Going to a Broadway show and a nice seafood/steakhouse.

What would you consider to be your biggest challenge as a model so far? Finding clothes that fit me! Huge challenge!

Any last words you would like to share with the readers? I just hope that the modeling industry keeps changing, and accepting more curvy and tattooed women. Thank you to all my fans for your support!

Take Charge

With March upon us, there is an end in sight to winter! With that being said, however, layers are still a key part of looking your best for the month. Use these simple outfits to gain some inspiration for your own style! By Noah Williams

Ledbury shirt, Ralph Lauren
Chinos, Meermin Tassel Loafers

Jachs New York Knit Sweater, YEEZY Boost 350 in Cloud White, Hublot Big Bang Unico (*via ECJ LUXE by Diamonds Direct*), Warby Parker Glasses

Turtleson Merino Wool Quarter-Zip, J. Crew Chino, Taft Mid-Top Sneaker, Rolex GMT-Master II, Johnny Fly Co. Sunglasses

Rolex GMT-Master II “Root-Beer”, in Two-Tone Everose gold

The OMEGA Steel trinity: Seamaster Aqua Terra, Speedmaster Professional, and The Seamster Professional

J.Crew Shawl Collar Cardigan, Brooks Brothers Button-Down, Banana Republic Chinos, Rolex Explorer II, Bobbies Homme Drivers

ENZO Custom - Made to Measure Suit, Ledbury Chambray Shirt, Johnston & Murphy Tassel Loafers, OMEGA Aqua Terra watch *(available at windsortime.com)*

Rolex Explorer II

Rolex Oyster Perpetual 39mm

Brooks Brothers Denim Button-Down, Grayers Chinos, Oliver Cabell Boots, Omega Speedmaster

ARCHITEC-TURE of the AFTERLIFE

by **Ian Kirke | Twitter @ianjkirke**

The Pyramids of Giza and the Taj Mahal represent the executive end of what mausoleum moolah can buy you. If you aren't a god on earth or a favorite wife of a Mughal emperor, then I guess your ambitions need to be reassessed. Other than a brick in the wall at Meadow Lane, home of the mighty Notts County, to commemorate my demise I have no lofty exit goals. But what about you? And why are some folk fixated on grander graveside galas?

According to many historians the significant marking of graves became commonplace around 3,000 BC, although unlike today these structures denoted burial chambers containing groups of the deceased rather than a solitary grave. The racy Romans took this art to another level, however the stone tombstones and memorials seen in graveyards across the country only became vogue in the 1650s as church burials boomed. In the nineteenth century plain, factual inscriptions, including name, age and date of death were a familiar sight, until the Victorian era ushered in the appearance of more extravagant erections.

But who are these tributes actually for? The deceased? An attempt to achieve a form of immortality, or at least, lasting fame? Or alternatively, for those who remain? My personal vision of simply vaporizing my remains once I have kicked the bucket and having my ashes spread across the second bend at Eastbourne Speedway (or the nearest operating track), potentially ending up on someone's anorak after the first heat, may not necessarily chime with you. Death can be a delicate debate and, in an attempt to treat this inquiry with the requisite degree of reverence, I decided to undertake some field research on a chilly January day at one of the most iconic London cemeteries – Highgate.

Established in 1839 following an Act of Parliament creating The London Cemetery Company, Highgate was one of seven commissioned graveyards that were necessary to meet a cataclysmic lack of burial space, exacerbated by a meteoric mortality rate. The other sites within this cadre of cemeteries were Kensal Green, West Norwood, Abney Park, Brompton, Nunhead and Tower Hamlets. A generous fifteen acres were consecrated for the interment of those of the Church of England faith whilst a modest two acres were for the remaining other faiths and associated heathens. The first burial, on 26th May 1839, was Elizabeth Jackson aged thirty-six, of Little Windmill Street, Soho.

The cemetery capitalism that created one of the most desirable resting places in London celebrated considerable returns, prompting the extension of the site by an additional twenty acres across the adjoining Swain's Lane. Simply named the East Cemetery, this

formed the focus of my reflective journey into this district of death. Opened in 1856, the business of burial was aided by the construction of a tunnel connecting the new with the old west side, via the Church of England chapel. A hydraulic lift lowered the coffins in a seamless spiritual operation. I didn't fancy exploring that part!

Mary-Anne Webster, aged sixteen years, was the first to be buried on the east side on 12th June 1860, at one point leading to an average of thirty burials a day. Yet, as this century expired, the yearning for extravagant exits began to fade. The more affluent families remained loyal, securing rights of burial into the 1930s, but this was insufficient to prevent Highgate from withering away, resulting in the commercial death of The London Cemetery Company by bankruptcy in 1960. Significant numbers of graves were discarded as family members either died or moved away, leaving an eery wilderness. In 1975 The Friends of Highgate Cemetery was formed with the aim, "... to promote the conservation of the cemetery, its monuments and buildings, flora, and fauna, for the benefit of the public as an environmental amenity." And thanks to this dedication I was able to stroll through a place that both intrigued me and would, I hoped, finally lay to rest my own questions of the symbolisms and significance of marking death.

As I peered into the cemetery, protected by the imposing iron railings, from the abutting pavement, I was astonished at the seeming tsunami of gravestones. Then before I could catch my breath, I caught site of a grave that literally captured me – in awe of lights, camera, and action! The final resting place of William Friese-Greene, a pioneer of motion pictures. I had never heard of the guy, yet I had been entertained ever since I was a kid with the results of his most brilliant inventions! Maybe I had got this burial thing wrong? Yet the sprawling consequences of this cluttered cemetery were all too clear to see and the sustainability of such a tradition had clear parameters.

On entering the East side my reasoning was again rocked as I clapped eyes upon a crypt that wouldn't have been out of place in Bel Air, west of downtown Los Angeles. I was impressed! Yet in an instant, I was drawn to the absurdity of extravagance. Then my mind swung swiftly back to the undeniable fact that other people have a different prism in which they view death and if a structure better managed the

grief, then who was I to judge? Even though I had only been in situ for a few moments, I quickly realized that this exploration would almost certainly throw up more enigmas than even I had been prepared for. Come on Kirkey – a few more acres to cover before drawing a conclusion!

I stood momentarily to reflect upon the important relationships in my life. This simple yet powerful inscription reminded me of how good it is to be alive, and to enjoy the many beautiful bonds that we have. Maybe we shouldn't take them for granted.

This moment of reflection concluded when I laughed out loud, quickly correcting myself since I was, after all, in a cemetery, and whatever my values were I still felt it prudent to respect the feelings of others. But come on! This chap looked a miserable fucker! Although I preferred to imagine him as having a profound sense of humor, and on this occasion my laughter was dedicated to him!

Some monuments were evocative of many other human attributes and endeavours and the artistry was as compelling to my eye as it was to my heart. Yet the familiar reference to the reverence of life made me wonder if we should all make more effort to tell those in our lives how much they mean to us before they die? Were these elaborate constructions often a way of allowing those living off the hook?

Then I came across a modest engraving. A pragmatic statement that I interpreted as – 'I was here, wrote some stuff then I went' – encouraging me to discover more about this guy. Blimey! He had achieved immortality!

For every proudly upright statement piece there were many others that showed another side of humanity – abandonment. Perhaps not the best mortal quality, but often driven by circumstance. Yet these once sacred monuments graphically represented what happens when living relationships are neglected.

It appeared to me that some inhabitants of Highgate had put significant thought into their passing and perhaps sought to synthesize life and death with a testimony of talent that reached beyond the grave? Artists in particular seemed to grasp this notion with an elegance that made me smile.

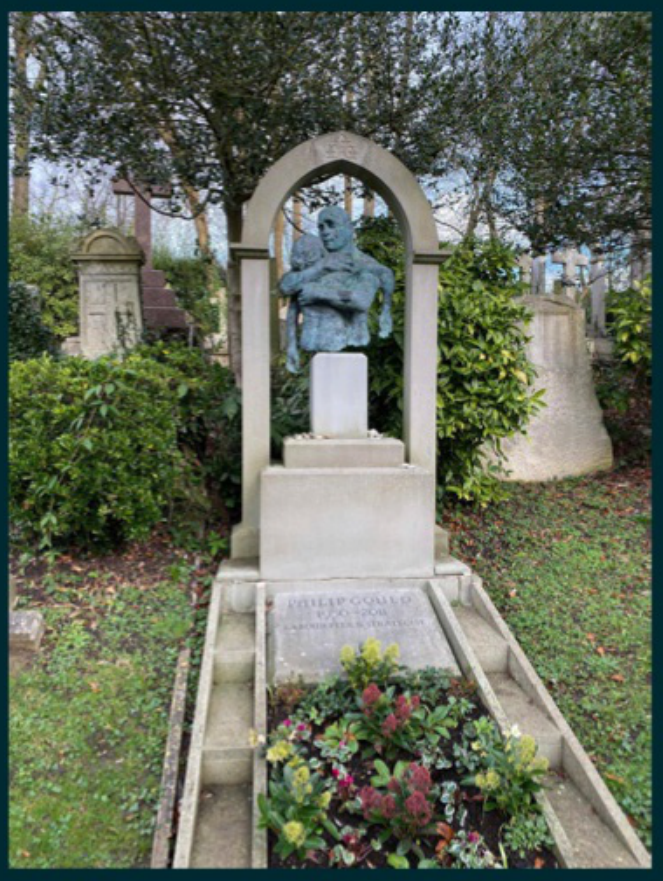
Passing the most iconic Highgate interment of Karl Marx, philosopher, economist, historian, sociologist, political theorist, journalist, and socialist revolutionary, thought to be the most visited grave in London, I discovered some hidden gems that amplified the living human spirit – a statement that I recognize is wholly contradictory given where I was.

But my all-time favorite was this incredible declaration!

I left with several competing emotions and had, on this occasion, failed to reach any concrete conclusions. Although I had a fixed idea of how I wanted to be remembered the fact was that this would be out of my hands. My kids may disagree with my express wishes, deciding instead to spend daddy's legacy on a tomb of Egyptian elevations. Then again, I'm their dad and Adam would probably drape an Arsenal scarf across whatever symbol, if any, remained and Lucy may treat herself to a holiday in the Bahamas toasting my existence with a glass or three of the best champagne!

I still believe that the best place to remember those that have died is in our hearts and minds, for that is a legacy with us permanently, until we join them. But we all deal with death differently, and perhaps some are more deserving than others to be remembered for time immemorial.

As I mused these jumbled thoughts, I made a promise to myself. I would come back one day and visit the West side whilst still alive!



SALLY
HUNTER
1958-2015
LAWYER
should have been
a marine biologist

THE GRAVE OF
WILLIAM FRIESE GREENE

FHM

Spontaneous!

Angel Wicky

Model | @angelwicky
Photographer Mario Gotti | @mariogotti
HMUA Nika Done | @nikadone
Personal Assistant Renata Soukupova

Such an absolute honour to have you on FHM! What are you currently working on? Thank you for having me It's an honor to be part of your amazing magazine. I'm a model, actress, producer, and entertainer. So, I'm working on a lot of things and crazy ideas. From beautiful glamorous photos and silly stuff to make you smile to naughty videos that will definitely put you in trouble if you watch them at work.

What is your idea of a really good time? Well, that depends on my mood. I love to spend time with my horse, with the herd and riding in nature. To be wild and free. Or sport and fitness. Or just chillaxing at home with some yummy food, wine and good film.

Top 3 best moments of your career? That's so hard! Definitely starting my own business and production. Becoming independent. Cover pages of big magazines.

What would you say is your signature look? Honestly, I'm a chameleon. I love to change my appearance, experiment with new stuff, and have fun. I'm really creative person so in love to create new looks for me as well. So, while I'm writing this, I look different already. But my light blue eyes, big smile, big breasts, long nails and piercings will always stay.

What is the fastest way to get a smile on your face? Animals. When other people smile. Good food, sun. Or just buy me a unicorn.

What are some of your favourite outdoor activities? Spending time with my horse, riding, hiking and long walks, sport, relaxing and reading books in forest, sunbathing, photo and video shooting.

3 ultimate deal breakers when it comes to men? It's very important that he have good sense of humor, that he doesn't take life and himself too seriously, no prejudice or judging and to have an open mind.

Never have I ever...I've done so much crazy stuff omg! I'm spontaneous person up for anything and everything! But I haven't kissed a unicorn yet. Or eaten a whole cake! Or been on a roller coaster.

Top 3 myth busters when it comes to models? That we are just beauty without brains. That we care only about looks. That we can't have degrees and business.

What is the best way to approach you as an admirer? Just be yourself. Say hi, be polite and smile.

Where can our readers catch up with you and stay updated with your work? I have all my social networks on angelwickyofficial.net And you can chat with me, see my everyday life, production and share your life with me on my Onlyfans or Fancentro. You can see a bit of me on my Instagram, Twitter and Facebook.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Aww. Thank you. Sure. I want to send tons and tons of good vibes and energy to everyone. These times and really crazy, challenging and hard. It's important to stick together, help each other and spread some love. Please stay safe and sane everyone. Your Angel Wicky

THE RANGER REVOLUTION

From the last drive of the Ranger Stormtrak to the first drive of the Next-Gen Ranger

This is an unfamiliar feeling. Driving a current model to the launch of its replacement isn't something that I've done before, despite many years of doing this job. The timing never works out, the overlap never presents itself.

And to be fair, the only reason it's happening now is because this isn't the official launch of next-gen Ranger – that's expected later this year. Instead, it's an exclusive opportunity to sample some of the first locally-assembled Tooling Trial units on home soil, while nearly replicating the final market specification.

My first thought on the way there is that while some models desperately show signs that a replacement can't be far away, this current Ranger – Stormtrak to be precise – still feels outstandingly fresh. It's more than capable of matching newer rivals for technology, style, standard specification, economy and comfort. In fact, there's not an area - besides outright performance where some of the bigger-engined trucks beat it - that the Ranger isn't top of its class, or a close second.

Special edition models like the Stormtrak have helped evolve the package with standard features like the electronic roller shutter and load bin divider. The roller shutter isn't without its flaws, however; on a gravel road it's guilty of covering your luggage in dust and it chops the vertical loading capacity without offering an inch of compromise.

The Stormtrak plays a level hand, supporting its workhorse roots and accepts new lifestyle and fashionable traits. Flagship derivatives like this have provided something of a watershed moment for trucks in general and introduced terms like 'car-like handling' and 'all-rounder' to a previously one-dimensional segment.

I could continue to praise the Stormtrak's virtues - a second-hand model when the next-gen hits showrooms is still a fantastic and value-based alternative – but as I enter Gerotek's Testing Facility my focus narrows toward the new model. Specifically, how will it improve things, and how will Ford ensure that in a decade's time, it'll feel as relevant as the current one does now?

And let's throw one more challenge into the mix: Pressure. Ford simply has to hit the bullseye with the Ranger, it's the breadwinner for the company, and the consequence of getting it wrong, in even the slightest way, can't be overstated.

So you want some first quick-fire impressions. Despite being longer and wider, it shouldn't pose much of a nuisance on smaller roads and parking spaces. Secondly, the design lives up to those press images. Bold and confident, it should easily find favor with many people. I predict it'll become a regular sight in a variety of landscapes.

Inside the cabin, rear legroom is one of the biggest recipients of the new dimensions and when you get behind the wheel you're immediately aware of the generational leap in technology. The screen directly ahead is more customizable and the huge tablet screen (even on base models) instantly grabs your attention. In tech lingo, this is the local debut of Ford's SYNC4 system and it comes with a bump in resolution, speed, customization and personalization. SYNC 3 was relatively robust in its operations but did show its age, particularly around the navigation system and really outdated color scheme and insipid graphics. That seems to be taken care of here.

A few swipes and prods confirms that it's the new benchmark for trucks, and wouldn't be out of place in something like a Mercedes S-Class. Conventional knobs and buttons for

the climate mean that Ranger won't alienate customers who are perhaps a little less eager to embrace a fully digitized world.
We were warned that since these are Tooling Trial Units, small unforeseen gremlins might reveal themselves but these trucks felt remarkably close to the finished product. Ford Rangers have always prided themselves on offering premium, soft-touch materials and this new model hides any cheap hard plastic out of sight.

Clutter has been reduced and but not at the expense of functionality. It's a cabin that channels through a softer side with finessed, slimmer ergonomics that give it a greater cosmopolitan background than what we're used to in the segment.

The tech supports a more calming and accessible experience. You needn't need to move more than your left hand to swivel through camera views, set the payload lighting or go through the various driving modes. Every action feels lighter and faster.

It's a quiet cabin, that's not at all intimidating to use and perhaps the greatest compliment is that within minutes I was whizzing it around the high-speed oval, fully trusting its chassis and feedback and safety systems.

Sadly for us, we'll still need to wait a bit longer before we can comment on the all-new 3.0-liter V6 but the 2.0-liter turbo on test is still likely to pull the bulk of local sales. Power outputs are yet to be disclosed for SA but the general consensus among the group was that throttle action was sharper, a sensation that could just as easily be the result of revised mapping or gearbox ratios. Either way, it's a smooth quiet engine that could easily fit into the mechanical refinement of a Ford Focus and reinforces why Ranger can ask a premium over the noisier, turbo-lagged competitors from China.

Brief as our time with the next-gen Ranger was, I left with no concerns that it takes everything from the existing Ranger and dials it up a little bit. Customer feedback has been a big factor here too and it shows in the smallest ways, from storage spaces, to USB charging points and access to the loadbox via an integrated step. If the current Ranger is just about inching into the crosshairs of its competitors, it might take years for the competition to catch up to this next one.

Pawan Dhingara

READY. SET. LAUNCH CONTROL

Golf R's all-wheel-drive system always manages to find the eye of the storm

The old adage, 'the more things change, the more they stay the same' sums up the latest Golf R to a tee. And now that I've got the first, and thankfully last golfing pun out the way, we can see how VW has once again twisted the needle a fraction to ensure the Mk8 Golf R keeps its reputation as the fastest Golf, with a warranty and service plan, that money can buy.

Considering that the eighth version of the GTI received a lukewarm reaction caused by some rather low-tier materials and a finicky touchscreen, the Golf R isn't launching off its usual strong platform. Not that a few niggles are enough to dethrone the most affordable all-wheel drive hot hatch that has an answer to everything you throw at it.

The mechanical layout of the new Golf R – despite some early mumblings of hybrid assistance – sticks to the same 2.0-liter turbo-charged formula but torque has been increased to a subtle 316bhp and VW now claims it'll do 0-60mph in 4.7 seconds. That's not any faster than the outgoing model but VW has always delivered a little extra dab of hot sauce when it's actually put against the stopwatch. And unlike hot hatches that are front-wheel drive, a little bit of rain doesn't inflate the Golf R's acceleration times.

With VW's Vehicle Dynamics Manager measuring things like steering angle, throttle input and G-forces it's able to finesse everything into a very safe, punchy experience that makes sure you hit more apexes than your driving skills deserve. It

also has a drift mode that isn't available on a GTI, but also doesn't quite turn it into a BMW M2. Still, it's nice that VW has realized that not all Golf R owners are after such surgical control and precision, all of the time.

To go with the pre-determined expectations, is a trademark Golf R look featuring 19-inch alloy wheels, pumped-up bumpers and four pipes which emit a mix of real and synthesized burbles and fizzes that no doubt you'll hear doing the neighborhood rounds in the early hours of a Saturday morning. And on the inside, it follows the Golf GTI's pattern of leather, plastics, supportive seats and grippy stitching with splashes of aluminum. It sounds good on paper but closer inspection shows that overall quality has dropped, even though the whole package costs a bit more.
Yet the Golf R's blend of practicality and instantly rewarding performance remains an irritatingly difficult piece of kit to fault. It's no wonder that VW didn't mess with the formula when it already has the complete all-rounder figured out.

Pawan Dhingara

TWO DIMEN-SIONS

Sensible engine and sporty intentions. Does the polarizing combination work?

I must admit that the idea of a diesel engine in a compact, taut body like the BMW 2 Series requires something of a paradigm shift that my mind grappled to unpack. Especially since the model on test was fitted with sporty 19-inch wheels that, when combined with the power dome on the bonnet, delivered a message of intent way above the punching power of the badge.

On first impression, the 2 Series design is really starting to gel. Now it seems to have found both a purpose and an identity, maturing into a niche offering but also evolving to a slightly different rhythm versus BMW's diversifying portfolio and technologies. In a way, it feels slightly old school, and unpretentious alert. For a change, there's almost nothing controversial about it, nothing too revolutionary under the hood and for someone like me who just enjoys the simple pleasures of driving, the 220d has the right mix of ingredients.

Enough rambling, it's important to unbundle certain misconceptions and find out exactly how the 2 Series fits in. The first being that this is unrelated to the 2 Series Gran Coupe, with the biggest differentiator being that the 2 Series GC is front-wheel drive. The coupe, by contrast. sticks more to BMW's heritage by driving the rear wheels. This coupe also repurposes the 3 Series chassis which remains a benchmark in its class but it also means that the 2 Series has been stretched into a larger footprint. However, the snug cabin tries its best to mute any reservations of bigger dimensions – the main threat to sportscars' agility, alongside weight. And the 2 Series Coupe has put on a bit of that too.

Not that you'd guess by looking at it. Body panels look like they've been shaved by a scalpel in a wind tunnel, and everything is

tucked and pulled in tight for an aggressive, sleek look aided by the lower roofline. Low air resistance is also helped by the kidney grilles which stay closed until the engine demands a bit more cooling – technology we first saw on a 7 Series. Other bits of design tech that have filtered down include the rear lamps which have a three-dimensional look to them. There's really not a bad angle on the new 2 Series which might just make it the most harmonious, and instantly likable, design in the passenger car range.

Suffice to say, if you want the most concentrated driving experience, you'll need to get the M240 xDrive, but I was pleasantly surprised by how BMW's 2.0-litre turbo diesel feels transformed in a shrunken body. Compared to the X3 we just stepped out of, the engine's response is more direct and the sound raspier. The stopwatch supports these sportier forces felt on the body with a 0-60m/h time of 7.0 seconds.

And it's actually a fraction faster than the 2.0-liter petrol engine thanks to another 100Nm of torque ammunition. The blend of performance and economy makes for a package that is hard to ignore and thanks to the driving modes, you can quickly shift the bias between the two and highlight one over the other.

We're constantly reminded that diesel is no longer a focus for manufacturers with diminishing desirability and governmental mandates, and although my prejudices have me wondering if it really does belong in a sporty car like this, I do have to humbly face these rather appealing characteristics. Nevertheless, as good as the 2.0-liter engine is, the chassis easily has the measure of it with plenty of grip in reserve. No surprises that its dynamics feel closer to the 3 Series than a 1 Series and every response, whether braking, accelerating or cornering feels meaty and committed. It's probably not quite as soothing as a 3 Series, but that has more to do with the cabin than the chassis.

It's tight between the two front seats and there's not a lot of superfluous distractions. Everything feels more connected; your bum to the road, your hands on the wheel, the iDrive system and the shorter distance required to reach the touchscreen. The view out the windows is more compromised too, and therefore you need to be a little more awake when driving on some dirt roads. It very much is the antithesis of an SUV and it helps you understand why many prefer the increased visibility and higher seating position offered by BMW's X1 and X3. You don't need more than one child or one adult, plus a few shopping bags to exceed the practical limits of the 220d so it's a car that suits a very slim window in one's life. But get into that window, and it fits like a glove!

There's not a whole lot that's defined as new but at least BMW hasn't cut corners on the build quality which feels as robust as before without the slightest jiggle even on rough roads. The hardware is impressive and equally easy to use. It also feels like you get the most out of it with minimal effort – no fighting with menus, no double pokes at the screen and you can leave your phone in the center console but still use most of its features.

The final verdict receives a split opinion. This is the most resolved 2 Series to date that does a fine job of reconciling BMW's handling sparkle with a modern, driver-focused package. However, it's also less forgiving than 3 Series, and doesn't quite melt away the daily stresses of driving with the same ease. Instead, it locks you into its own ideas and demands, and life has a few more dimensions than that.

Pawan Dhingara

Banoffee

FRENCH TOAST

Servings: 1

Ingredients

- 1 tsp olive oil
- 3 eggs
- ½ tsp salt
- 1 tsp caramel essence
- 1 tsp raw cacao powder (optional)
- 2 slices of bread of your choice (we prefer 100% rye)
- salted caramel and date sauce
- 1 cup unsweetened almond milk
- 10oz (300g) fresh pitted Medjool dates
- 1 cup of water
- 2 tsp caramel essence
- 1 tsp vanilla essence
- 1 tsp salt
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 heaped tsp almond butter

Toppings

- almond butter
- sliced banana
- raw honey
- toasted flaked almonds
- ground cinnamon

Instructions

1. First, make the sauce.
2. Spray a large saucepan with nonstick cooking spray.
3. Add the almond milk, dates, water, caramel essence, vanilla essence, salt, cinnamon, and nutmeg.
4. Cook for 10 to 15 minutes or until the dates are soft and most of the water has evaporated.
5. Remove from the heat and mash the dates to a smooth consistency. Stir in the almond butter and allow to cool slightly.
6. While the sauce cools, spray a frying pan with nonstick cooking spray and heat the olive oil.

Soy and Sesame

BEEF STRIPS

Servings: 4

Ingredients

- 2 tbsp olive oil
- 3 spring onions, chopped
- 1 heaped tsp crushed garlic
- 1 medium red, orange or yellow bell pepper, cut into strips (keep the seeds)
- 20oz (600g) beef strips
- 5 tbsp soy sauce or tamari
- 2 tbsp sesame seeds
- 1 tsp ground black pepper
- 1/4 cup raw honey
- ½ tsp salt
- a handful of chopped fresh Italian parsley

Instructions

1. Heat the olive oil in a frying pan over medium heat and fry the spring onions, garlic, bell pepper, and reserved seeds for about 5 minutes to release their flavor, then add the beef strips and fry until the meat is golden brown.
2. In a small bowl, mix the soy sauce or tamari, sesame seeds, black pepper, honey and salt.
3. Add this to the pan once the meat is cooked, and simmer for about 15 minutes or until most of the moisture has evaporated.
4. Add the chopped fresh parsley, remove from heat and allow to cool completely before placing in an airtight container and storing it in the fridge to use when needed.
5. Note: Be on the lookout for tamari, a more mature gluten-free alternative to soy sauce.

Honey-mustard and Rosemary

CHICKEN TRAYBAKE

Servings: 10

Ingredients

- 3.5lbs (1.5kg) chicken fillets
- brine - 3 tbsp salt dissolved in 40fl.oz (1.2L) water
- 2 tbsp olive oil
- 2 tbsp raw honey
- 1 tbsp onion powder
- 1 tbsp mustard powder
- 1 tbsp mustard seeds
- 1 tbsp dried rosemary
- ½ tsp ground black pepper
- ½ tsp salt

Instructions

1. Soak the chicken fillets overnight in the brine.
2. When ready to cook, preheat the oven to 360F (180C).
3. Line a roasting tray with baking paper or foil and spray with nonstick cooking spray if you want to make your life easier and skip the scrubbing afterward.
4. Remove the chicken from the brine and pat dry with a paper towel.
5. Arrange the chicken fillets on the tray and drizzle first with the olive oil and then with the honey.
6. Sprinkle over the onion powder, followed by the mustard powder, mustard seeds and dried rosemary respectively, in this order.
7. Finish off with the black pepper.
8. Bake in the oven for 25 minutes.
9. Remove from the oven and drain the juices (if you would like to make a sauce, pour these juices into a saucepan with some of the ingredients used in the recipe and simmer until thickened).
10. Sprinkle the salt over the chicken and allow it to cool properly before placing it in an airtight container and storing it in the fridge to use when needed.
11. Note: The trick for the most tender oven-baked chicken is to soak the fillets overnight in brine before baking and to only season with salt once the chicken is cooked.

Oven-roasted

SWEET POTATOES

Servings: 4-5

Ingredients

- 2.2lbs (1kg) sweet potatoes, washed not scrubbed, otherwise, you'll remove the skin which contains most of the fiber

Instructions

1. Preheat the oven to 390F (200C).
2. Line a baking tray with foil and spray with nonstick cooking spray.
3. Soak whole sweet potatoes in water for 5 to 10 minutes.
4. Cut off the ends and roughly cut the sweet potatoes into chunks.
5. Place the sweet potato chunks on the lined baking tray and bake for 1 hour and 15 minutes.
6. Allow to cool before placing in an airtight container and storing in the fridge to use when needed. They will last up to 5 days refrigerated. If serving on the same day as roasting, drizzle with olive oil and raw honey and season with salt.

Baked Raisin and Date

BROWNIE BISCUITS

Servings: 20 biscuits

Ingredients

- 10oz (300g) pitted dates, chopped
- 10oz (300g) raisins
- 5oz (150g) almond flour, plus ½ cup extra for rolling
- 1 tbsp caramel essence
- ¼ cup raw cacao powder
- 1 tsp ground cinnamon, plus extra for dusting
- a pinch of salt
- 2oz (60g) whole almonds, roasted
- 2 tsp raw honey

Instructions

1. Preheat the oven to 375F (190C).
2. Line a baking tray with foil and spray with nonstick cooking spray.
3. Soak the dates and raisins in enough hot water to cover for 10 to 15 minutes.
4. Drain and mash in a mixing bowl.
5. Add the almond flour, caramel essence, cacao powder, cinnamon and salt and mix well to form a soft dough.
6. Using your hands, roll a heaped tablespoon of the dough into a ball, flatten it out and place a roasted almond in the middle.
7. Roll it back into a ball and then roll it in the extra almond flour.
8. To prevent the dough sticking to your hands, spray your hands with nonstick cooking spray.
9. Once they start to get sticky, wash your hands and spray again.
10. Place the dough ball on the prepared baking tray, flatten slightly and place another roasted almond on top.
11. Repeat with the remainder of the dough.
12. Drizzle the biscuits with honey, dust with cinnamon and bake for 10 to 15 minutes.
13. They are meant to be soft and chewy.
14. Remove from the oven and allow to cool before storing in an airtight container in the fridge.

For more awesome recipes that are as tasty as they are healthy be sure to purchase Izelle Hoffman's book Mindful Eating now available on ***Amazon.com***

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Such an absolute honour to have you on feature FHM! What has your journey as a certified bombshell been like so far? Thank you so much. It's been amazing overall, mostly because of the friends I've made. Success in this industry really has to do with surrounding oneself with good people. Good people who understand the business really help keep your mind right and have your back. I grew up in a small town in Texas and was often picked on and felt like I didn't fit in or have a lot of true friends. Once I got into the industry, I had to navigate around a few industry girls who are out for themselves but have been able to find some of the realest, most gorgeous and yet down to earth, and hardworking women I've ever known, and I'm lucky to have real friends who have my back and vice versa.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? The two biggest things that motivate me are the friends who encourage me to push forward, and my fans who have supported me. Living the California dream takes a lot of hard work and thick skin, but I couldn't do any of what I do without all the love. I'm extremely grateful.

Top 3 best moments of your career? The day I met Jesse Jane and we became friends. She set me up for my career and where I am today. Second best moment is signing autographs at AVN for thousands of fans, and I'll never forget the faces and names of the ones who went out of their ways to make time to meet me, and then keep in touch with me via Twitter and Only Fans. Thank you! Third best moment has been to be fully sustainable from the art that I do, and to be able to inspire other women who are coming up in the industry.

What is your favorite chill time activity? Taking my dog on a walk at the nature preserve here in Newport Beach.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? The perfect date would entail spending time with someone I enjoy and have great chemistry with, and we could eat chicken wings for all I care, as long as there is a strong connection (some soulful, sexy brown eyes looking back at me wouldn't hurt).

What are, hands down, your absolute favorite things to do? I enjoy working out. I like to watch lectures and learn. and I LOVE to F***!

3 ultimate deal breakers when it comes to men? Married, has a girlfriend, and guys who don't pay the dinner bill.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? Have twins and a family to nurture and love on. 100%!

Where would you say is your favorite place to be in the world and why? Any beach, at the spot where the sand and water meet (every ocean has a calling). Standing at the edge and looking out to the vastness surrounding me makes me realize how small my problems are. This is the best meditative place and way to put life in perspective.

What is currently playing on loop on your playlist? Nipsy Hustle, The Mansion; Cardi B; and Kevin Gates.

Where can our readers catch up with you and stay updated with your work? I'd appreciate that! Thank you. Please follow me on IG: @TheKellyWest, and if you'd like to chat and get to know me even more, please sign up for my OnlyFans @TheRealKellyWest.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Thank you so much for taking the time today. Please follow my accounts, and as a thank you, when you DM me "FHM" on OnlyFans, I'll reply back with an exclusive video for all of my new friends / FHM readers. Thanks again!

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